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How to choose and use ***ONIONS***

U. S. DEPARTMENT OF AGRICULTURE • Extension Service
and State Land-Grant Colleges, Cooperating

PA-125

Look for DRY onions that . . .

- 1. Are bright.**
- 2. Are clean.**
- 3. Are hard.**
- 4. Are well-shaped.**
- 5. Have dry skins.**

Look for GREEN onions that . . .

- 1. Are young.**
- 2. Are crisp.**
- 3. Are tender.**
- 4. Have green, fresh tops.**
- 5. Have medium-sized necks.**
- 6. Are white 2 or 3 inches from the root.**

One pound of onions cooked provides 4 half-cup servings.

Plan to use 1 or more servings of leafy, green, or yellow vegetables daily. Green onions are in this group.

Plan to use 1 or more servings of other vegetables daily. These are:

**DRY ONIONS • WHITE CABBAGE • TURNIPS
BEETS • CAULIFLOWER • CORN
SAUERKRAUT**

STORE . . . green onions in the refrigerator and cover tight.

. . . dry onions at room temperature or slightly cooler (60°-70° F.).

COOK . . . half or whole, in boiling, salted water, 20-40 minutes.



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